

**Subject:** Los Angeles Extreme Heat Warnings  
**From:** "Councilmember Paul Koretz" <Paul.Koretz@lacity.org>  
**Date:** 08/31/2017 04:39 PM  
**To:** "Lisa Schechter" <lisa@mediadistrict.org>



Dear Friends,



Extreme heat is NO joke.

With both day and nighttime temperatures remaining near record-highs, the Los Angeles Emergency Management Department, LADWP and LA Animal Services have asked us to share some tips to keep you, your family, and your pets safe.

***Yesterday's Electricity Demand was the Highest of 2017 and New Highs Are Expected as Extreme Temperatures Persist***

LADWP is asking customers to continue conserving electricity during the heat storm. As of 11:00 a.m. today, there were nearly 1,930 customers without power. LADWP crews will continue working around the clock throughout the heat storm to restore customers' lost power as quickly and safely as possible. In order to decrease strain on the electric grid, we urge customers to do what they can to help conserve energy.

Some energy-saving measures that customers can take include keeping their thermostats set at 78 degrees; keeping curtains, blinds and drapes closed to keep sunlight out and keep home interiors cool; avoiding the use of major appliances at peak usage hours during the day; and opening doors and windows at night to allow cool air to circulate.

To report any loss of power, call 1-800-DIAL-DWP. To monitor outage status, see [www.ladwp.com](http://www.ladwp.com) or follow @LADWP on Twitter.

## Cooling Centers Extending Hours of Operation

If you need to cool off, the City of LA offers cooling centers where you can beat the heat. Due to extreme heat, cooling center locations are offering extended hours. You can call 3-1-1 or go to [emergency.lacity.org/heat](https://emergency.lacity.org/heat) for a full list of cooling center locations throughout Los Angeles and for updated hours of operation.

In addition, follow these simple tips to stay cool:

- Drink plenty of cool water! Stay hydrated.
- Wear loose, light-colored clothing that will keep you cool. Wear sunscreen and a hat for protection.
- Check on neighbors who might be vulnerable to the heat, especially those without air conditioning.
- Never leave children or pets in a car - not even for one minute. Temperatures inside a car can quickly skyrocket to deadly levels.
- If you work or play outside, take frequent breaks to hydrate and cool off in the shade. Symptoms of heat-related illness include dizziness, fatigue, faintness, headaches, muscle cramps, and increased thirst. If you experience these symptoms, seek medical attention.

## Remember, when it is hot for you, it may be even hotter for your four-legged friends.

Dogs and cats do not sweat through their skin. They cool themselves by panting or rapid breathing, which means dogs and cats must work extra hard to stay cool. Too much heat can be extremely dangerous or even fatal for companion animals.

LA Animal Services reminds pet owners about the hazards of hot weather and how to keep your furry loved ones healthy and comfortable. Here are some pet safety tips:

### **Never leave your pet alone inside a vehicle**

If your pet cannot go inside at every stop with you, they are safer at home on hot days. Car interiors heat very quickly, even with the windows open. If it is 90 degrees out, temperatures can top 160 degrees faster than you can walk around the block. In fact, it's against the law to leave an animal in a vehicle if doing so endangers the health or well-being of the animal.

### **Give your pet extra water**

Always make sure that your dog or cat has plenty of fresh water to drink. A bucket that holds a gallon or more of water will stay cool longer than water in a shallow pan. Some dogs consider ice cubes a treat, and you can add a few to the water bowl.

### **Care for your pet's coat**

Longer coated dogs and cats who are brushed regularly have natural insulation from the heat. However, if the coat has gotten matted, a clip will make your buddy much more comfortable. But, be aware, that newly clipped and lighter coated pets, especially white ones, are at higher risk for skin cancer and they are more susceptible to sunburn.

**Don't leave your pet outdoors for a long time**

If your dog has to be left outdoors for awhile, make sure they have plenty of access to shade such as trees, a covered patio or cool spot under the porch. Apply a pet specific or hypoallergenic sunscreen on sensitive areas like the nose, tips of ears and belly especially if they have light or thin fur.

**Avoid hot ground surfaces**

While walking your dog outdoors, pay particular attention to the pavement, sidewalks or sand. Check the temperature with your hand, if it's too hot to touch then it's too hot for your dog's paws.

**Know the signs of overheating**

If your dog or cat begins very rapid, noisy breathing, has trouble swallowing and looks very distressed, they could be having a heatstroke. Get the animal out of the heat. Apply cold, wet towels to the back of the head. Place cold packs wrapped in towels or plain wet towels between the back legs and on the belly. Cool off your pet and take them to the veterinarian immediately.

Stay cool!

Sincerely,

Paul Koretz  
Council Member - 5th District  
City of Los Angeles

This message was sent to lisa@mediadistrict.org by:

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